

Two New Sequences

We are going to continue to develop our two-movement sequences today. We have explored the following combinations so far:

1. Au Cortado and Rotation Into Low Bridge
2. Role and Au Cortado
3. Role and QDR Rotational Push ups

Today we will work on two more:

4. Role and Rotation Into Low Bridge
5. Rotation Into Low Bridge and QDR Rotational Push Ups

Mind you, besides the use of Rotation Into Low Bridge, Role, QDR Rotational Push Ups and Au Cortado we also have what I like to call 'Transitional Movement' - the Squat. So, each dynamic movement we do, start at the Squat and end with a Squat. Remember this when you practice.

ROLE AND ROTATION INTO LOW BRIDGE

ROLE AND ENTRY ROTATION INTO LOW BRIDGE

The easiest variation will be to perform a full Role - Squat to Squat and then add an Entry Rotation Into Low Bridge. Hold, come back to Squat and repeat to the other side.

ROLE AND ROTATION INTO LOW BRIDGE

The intermediate variation will be to perform a full Role and a full Rotation Into Low Bridge.

ROLE AND ROTATION INTO ONE ARM LOW BRIDGE

The advanced variation will be a full Role and a One Arm Rotation Into Low Bridge.

ROTATION INTO LOW BRIDGE AND QDR ROTATIONAL PUSH UPS

ENTRY ROTATION INTO LOW BRIDGE AND QDR

The beginner variation will be an Entry Rotation Into Low Bridge, come back to Squat and then a variation you can handle of the QDR Rotational Push Ups.

ROTATION INTO LOW BRIDGE AND QDR

The intermediate variation will be a full Rotation Into Low Bridge, come back to Squat and a QDR Rotational Push Ups. (legs in the air)

ROTATION INTO ONE ARM LOW BRIDGE AND QDR ROTATIONAL PUSH UPS

The advanced variation will be a One Arm Rotation Into Low Bridge, come back to Squat and then a QDR Rotational Push Ups and back to Squat.

Floreio workout of the day - beginner

Warm Up - Mobility

- A1. 5 min Joint Mobility
- A2. Wrists Routine X 1 set
- A3. Ido's Squat Clinic Routine X 1 set
- A4. Shoulder ROM and Stabilization routine X 1 set

Rest 90 sec

Equilibre Work

- B1. Static QDR 10-30 sec per side / 3-5 sets / 45 sec rest

Rest 90 sec

Sequence Work

- C1. Entry Rotation Into Low Bridge And QDR 10,8,6,4,2 reps
- C2. Slide Into Low Bridge 30,25,20,15,10
- C3. Rotations Into Arch Using The Wall 10,8,6,4,2
rest 60,45,30,15 sec after C3 only
- D1. Role And Entry Rotation Into Low Bridge 10,8,6,4,2
- D2. Slide Into Low Bridge 30,25,20,15,10
- D3. Rotations Into Arch Using The Wall 10,8,6,4,2
rest 60,45,30,15 sec after D3 only

Rest 90 sec

Finisher And Cooldown

- E1. NDA Lateral Push Ups side to side X 20/18/18 reps / Rest 60 seconds between sets
- F1. Scapula Mobilization Routine X 2 set / rest 60 sec

Floreio workout of the day - Intermediate

Warm Up - Mobility

- A1. 5 min Joint Mobility
- A2. Wrists Routine X 1 set
- A3. Ido's Squat Clinic Routine X 1 set
- A4. Shoulder ROM and Stabilization routine X 1 set

Rest 90 sec

Equilibre Work

- B1. Static QDR 30 sec per side / 3-5 sets / 45 sec rest

Rest 90 sec

Sequence Work

- C1. Rotation Into Low Bridge And QDR 10,8,6,4,2 reps / rest 60,45,30,15 sec
- D1. Role And Rotation Into Low Bridge 10,8,6,4,2 / rest 60,45,30,15 sec

Rest 90 sec

Finisher And Cooldown

- E1. NDA Lateral Push Ups side to side X 20/20/20 reps / Rest 60 seconds between sets
- F1. Scapula Mobilization Routine X 2 set / rest 60 sec

Floreio workout of the day - Advanced

Warm Up - Mobility

A1. 5 min Joint Mobility

A2. Wrists Routine X 1 set

A3. Ido's Squat Clinic Routine X 1 set

A4. Shoulder ROM and Stabilization routine X 1 set

Rest 90 sec

Equilibre Work

B1. Static QDR 30 sec per side / 5 sets / 45 sec rest

Rest 90 sec

Sequence Work

C1. Rotation Into One Arm Low Bridge And QDR Rotational Push Ups 10,8,6,4,2 reps / rest 60,45,30,15 sec

D1. Role And Rotation Into One Arm Low Bridge 10,8,6,4,2 / rest 60,45,30,15 sec

rest 90 sec

Finisher And Cooldown

E1. NDA Lateral One Arm Push Ups side to side X 10/8/6/4/4 reps / Rest 60/45/30/30 sec between sets

F1. Scapula Mobilization Routine X 2 set / rest 60 sec